

Greetings to all members and friends of WCAIMH and best wishes for a fantastic 2019!

We would like to bid farewell to the outgoing committee members **Caroline Sullivan and Jacqui Cooper** and extend a heartfelt thanks for their dedication and commitment to WCAIMH and the infant mental health community. We hope to fill their shoes and continue their legacy.

**saying goodbye**



We look forward to seeing you all again from **7:00 for 7:30pm** on **Thursday 21<sup>st</sup> of February** at the Outpatient Unit of the Division of Child and Adolescent Psychiatry (46 Sawkins Rd, Rondebosch, entrance in Liesbeek Rd). Visitors are very welcome to attend and are asked to bring R60 (in an envelope marked with your name please). We are also in the process of exploring new ideas to grow the Association and we welcome any and all ideas and feedback. So please get in touch with us via email or via our Facebook page.

**networking**

At our last meeting of 2018, there was a very successful networking opportunity and we would like to kick this year off with another **opportunity get to know fellow members and friends of WCAIMH**. There will be exhibitions from individuals showcasing their products and light refreshments. We would love for each member to bring along a friend to meet fellow individuals interested in Infant Mental Health. You will also have the opportunity to sign up for the annual WCAIMH membership on the evening. **One lucky individual will win an annual membership to the WCAIMH!**

The annual fee for the year remains **R375**, and an early bird rate of **R325** applies to payments made before the 15<sup>th</sup> of March 2019

Banking information is as follows:

Account name: WCAIMH Standard Bank, Rondebosch

Account number: 274916401, Branch code: 051001

Please use your **name** and **surname** as a reference and email **proof of payment** to our treasurer, Barbara ([b.kantor@iafrica.com](mailto:b.kantor@iafrica.com)).

**admin matters**

There is a growing emergence of novel applications of technology to all aspects of our lives, including that of parenting. We are excited to have our newly elected committee member, **Elvin Williams** present on ***Can or should a robot rear a baby?*** This article was authored by the first group of Infant Mental Health Masters students from Stellenbosch University, with Profs. Astrid Berg and Linda Richter and Dr. Anusha Lachman as co-authors. It was published in the World Association of Infant Mental Health Perspectives in Infant Mental Health. We invite you to join us for this interesting and thought-provoking presentation.

**february's talk**



## meet the new committee

**Juané Voges (Chair)** completed her B.Sc and Honours in Psychology at Stellenbosch University in 1999 and qualified as a Clinical psychologist from the Free State University in 2003. Since then, she has worked in community settings in rural areas of the Western Cape before moving to Ireland. Her interest in infant mental health grew as she attended training workshops in Attachment based family therapy while working at the Nenagh Child and family unit. She is currently a Senior clinical psychologist at Stikland Hospital and lecturer in Psychiatry at Stellenbosch University where she is pursuing her PhD on the topic of reflective function and mother-infant interaction in a group of women with peri-partum psychosis.

**Salisha Maharaj (Secretary)** completed her Masters Degree in Clinical Psychology at Wits University in 2008. She worked in the Child and Family Unit at Rahima Moosa Mother and Child Hospital in Johannesburg for 8 years before moving to Cape Town in 2017. She is currently positioned as the Senior Clinical Psychologist at Tygerberg Hospital Child and Family Unit and Lecturer at Stellenbosch University's Department of Psychiatry. Salisha's focus in the field of infant mental health is positioned in the realm of understanding and intervening with the dyad, as well providing advocacy and awareness of mental health issues related to infants and their family systems.

**Barbara Kantor (Treasurer)** has an honours level BA in Recreational Therapy from the USA, which she practiced before moving to SA in 1989. In South Africa she worked at a special needs school and counselled for Life Line and Aids Training, Information and Counselling Centre before achieving her MA in counselling psychology. Barbara has pursued further learning in the areas of Cognitive Behavioural Therapy, Narrative Therapy, Mindfulness, and Family Mediation, and is a Babies in Mind practitioner. Barbara's interest in working with children started in 1996 with the birth of her twins. She is currently working towards a post grad diploma in Therapeutic Communication with Children through the Institute for Psychodynamic Child Psychotherapy, and is a member of the Cape Town Child and Adolescent Psychotherapy group. She now runs a private practice in Cape Town, working with both children and adults.

**Elvin Williams (Social media and website development)** is a Consultant Occupational Therapist with extensive experience in program and policy development in the area of disability and rehabilitation. His clinical experience ranges from infant, child and adolescent mental health, vocational and physical rehabilitation. Elvin completed his M.Phil. (Infant Mental) training in 2018 and has recently been elected as a Board Member of the Western Cape Association for Infant Mental Health (WCAIMH). He is currently employed as the Chief Operating Officer for the Occupational Therapy Association of South Africa.